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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application. Please amend the following claims as indicated in the Listing of Claims.

Listing of Claims:

1. (Previously Presented) A composition consisting of calcium, vitamin D, folic acid, vitamin B12 and vitamin B6.
2. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount less than 800 mg.
3. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg.
4. (Previously Presented) The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount less than 800 IU.
5. (Previously Presented) The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount between about 300 IU and 500 IU.
6. (Cancelled).
7. (Previously Presented) The composition of claim 1, wherein the vitamin B12 is a hydroxocobalamin.
8. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 2000 mcg.
9. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 1200 mcg.

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10. (Previously Presented) The composition of claim 1, wherein the vitamin B6 is in an amount of between about 10 mg and 100 mg.
11. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, vitamin B12 is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.
12. (Previously Presented) The composition of claim 1, wherein the calcium is in an amount of about 400 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.
13. (Cancelled).
14. (Cancelled).
15. (Previously Presented) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a composition consisting of calcium, vitamin D, folic acid, vitamin B12 and vitamin B6.
16. (Previously Presented) The method of claim 15, wherein the vitamin B12 is a hydroxocobalamin.
17. (Previously Presented) The method of claim 15, wherein the vitamin D is a vitamin D3.
18. (Previously Presented) The method of claim 15, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, vitamin B12 is in an amount of

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between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.

19. (Previously Presented) The method of claim 15, wherein calcium is in an amount of about 400 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is a hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.

20. (Cancelled).

21. (Cancelled).

22. (Previously Presented) The method of claim 15, wherein the hormonal change is caused by menopause, smoking, hysterectomy, ovariectomy or cancer chemotherapy, or treatment of the individual with an estrogen, an androgen, an estrogen-androgen combination, an estrogen-progesterone combination, a steroid or a drug that affects the reproductive system.

23. (Previously Presented) A composition consisting of calcium, vitamin D, folic acid, hydroxocobalamin and vitamin B6.

24. (Previously Presented) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a composition consisting of calcium, vitamin D, folic acid, hydroxocobalamin and vitamin B6.

25. (Previously Presented) The composition of claim 23, wherein the hydroxocobalamin is in an amount between about 300 mcg and 2000 mcg.

26. (Previously Presented) The composition of claim 25, wherein the hydroxocobalamin is an amount of about 500 mcg.

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27. (Previously Presented) The composition of claim 25, wherein the folic acid is in an amount between about 0.8 mg and 5 mg.

28. (Previously Presented) The composition of claim 27, wherein the hydroxocobalamin is an amount between about 300 mcg and 1200 mcg.

29. (Previously Presented) The composition of claim 27, wherein the hydroxocobalamin is an amount of about 500 mcg.

30. (Currently Amended) The method of claim 24, wherein the hydroxocobalamin is in an amount between about 300 mcg and 1200 mcg.

31. (Previously Presented) The composition of claim 7, wherein the hydroxocobalamin is in an amount of about 500 mcg.

32. (Cancelled).

33. (Previously Presented) The method of claim 30, wherein the hydroxocobalamin is in an amount of about 500 mcg.

34. (Previously Presented) The composition of claim 1, wherein the folic acid is in an amount between about 0.8 mg and 5 mg.

35. (Currently Amended) A composition consisting of calcium, vitamin D, folic acid, vitamin B12, vitamin B6 and vitamin C.

36. (Currently Amended) A composition consisting of calcium, vitamin D, folic acid, vitamin B12, vitamin B6 and iron.

37. (Currently Amended) A composition consisting of calcium, vitamin D, folic acid, vitamin B12, vitamin B6, vitamin C and iron.

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38. (Previously Presented) The composition of claim 35, wherein the vitamin B12 is hydroxocobalamin.
39. (Previously Presented) The composition of claim 36, wherein the vitamin B12 is hydroxocobalamin.
40. (Previously Presented) The composition of claim 37, wherein the vitamin B12 is hydroxocobalamin.
41. (Previously Presented) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 35.
42. (Previously Presented) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 36.
43. (Previously Presented) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of the composition of claim 37.
44. (New) A method comprising administering to a menopausal woman or a postmenopausal woman an effective amount of a composition consisting of calcium, vitamin D, folic acid, vitamin B12 and vitamin B6, wherein the amount is effective to treat a condition associated with a hormonal change in the menopausal woman or the postmenopausal woman
45. (New) A method of treating a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a composition consisting of calcium, vitamin D, folic acid, vitamin B12 and vitamin B6, wherein the hormonal change is caused by menopause, smoking, hysterectomy, ovariectomy or cancer chemotherapy, or treatment of the

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individual with an estrogen, an androgen, an estrogen-androgen combination, an estrogen-progesterone combination, a steroid or a drug that affects the reproductive system.

46. (New) The method of Claim 15, wherein the condition associated with the hormonal change is hot flashes, high-risk pregnancy, osteoporosis, endometriosis, uterine fibroids, hyperhomocystineamia, bone loss, in-situ vascular free radical formation or hypertension.

47. (New) The method of Claim 44, wherein the condition is hyperhomocystineamia.